

ABSTRACT OF THE DISCLOSURE

A recording method for realizing high quality recording while preventing a degradation of the recording performance is disclosed. After recording data in a recording area of an information recording medium, a determination is made as to whether a defect detection process should be performed on at least a portion of the recording area in which the data are recorded based on a predetermined determination criterion pertaining to recording attribute information of the data. By setting the determination criterion with due consideration to the potential degradation of the recording performance, determining whether the determination criterion is satisfied based on the recording attribute information of the data, and determining to perform the defect detection process when the determination criterion is satisfied, high quality recording can be realized while preventing the degradation of the recording performance.